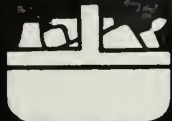


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CONSUMER TIPS > >

HOW TO CHOOSE GOOD QUALITY GREENS

(Information from Agricultural Marketing Service)

GPO 16-19214

1. Best quality - fresh, young, green, crisp, tender.
2. Low Quality - (too much waste) poorly developed leaves, insect injury, excessive dirt, coarse stems, dry or yellowish leaves, slimy rot, plants with seed stems. Flabby and wilted plants indicate age or damage.

BEET TOPS - avoid old coarse leaves with heavy veins and ribs. Also slimy rot.

CHARD - avoid stalks that are wilted or flabby,

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(over)

discolored; yellow leaves.

CHICORY, ENDIVE, ESCAROLE - examine wilted plants for decay--appears as browning of leaves or slimy rot.

Avoid tough and coarse leaved plants.

COLLARDS - avoid wilted or yellow leaves; look for worm injury (holes in leaves).

KALE - should be dark- or bluish-green. Some with brownish appearance - does not affect taste. Avoid wilted or yellow leaves.

MUSTARD - should be good green color. Avoid wilted, dirty, discolored leaves; also plants with seed stems.

SPINACH - avoid straggly or overgrown stalky plants; bruised or crushed leaves; yellow leaves, seed stems, coarse leaves; slimy rot.

CONSUMERS' COUNSEL DIVISION

CT-31

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